

Day/Date	week 32	carbs	exercise after meals	sugars	
Friday 6/20/2008	fasting			106	8:16a
Breakfast 9a	oatmeal	22			
snack 11a	cheese	0		136	2.5 mg
	pb crackers	15			
Lunch 1p	hot dogs	0			
	bologna sandwich	15			
	cantalope	30		128	
snack 4p	cheese	0			
	strawberries	15			
Dinner 7p	chicken	0			
	potatoes	40		138	
	green beans	0			
snack 9:30p					3.75 mg
	cake	40			
				177	total carbs
Saturday 6/21/2008	fasting			93	7:55a
Breakfast 9a	oatmeal	22		87	2.5 mg
	eggs	0			
snack 11a	egg crackers	15			
Lunch	hot dog	15		85	
	strawberries	30			
snack	cheese	0			1.25 mg
	strawberries	30			
Dinner				107	
	pasta	45			
	cheese	0			
snack					5 mg
	cake	30			
				187	total carbs

Day/Date	week 32	carbs	exercise after meals	sugars	
Sunday 6/22/2008	fasting			81	8:56a
Breakfast 9a	oatmeal pb sandwich	22 7		146	2.5 mg
snack	pb&j	15			
Lunch 1p	cake club sandwich other sandwich	20 30 15		122	
snack 3p	nestle crunch bar	30			1.25 mg
5p	crackers	7			
Dinner 7p	chic parmesan 1c fett alfredo salad	15 45		115	
snack 9:30p	cereal and milk	30			5 mg
				236	total carbs
Monday 6/23/2008	fasting			101	7:26a
Breakfast 8a	oatmeal	22		110	2.5 mg
snack 10:30	crackers	15			
Lunch 12p	italian sandwich nectarine	45 15		160	1:30p underestimated carbs in sandwich
snack 3p	fiber one bar	30			1.25 mg
Dinner 7p	lasagna chick parmesan	25 20		120	5 mg
snack 10p					
				172	total carbs

Day/Date	week 32	carbs	exercise after meals	sugars	
Tuesday 6/24/2008	fasting			94	6:58a
Breakfast 8a	oatmeal	22		128	2.5 mg
snack 10a	pb crackers	20			
Lunch 12p	cheeseburger nectarine	40 15		146	underestimated carbs in bun
snack 3p	fiber one bar	30			1.25 mg
Dinner	burger with 1 1/2 bun fries	30 30		139	1.25 mg overate fries was too hungry
snack 10p	cookies	30			5 mg
				217	total carbs
Wednesday 6/25/2008	fasting			86	7:13a
Breakfast 8:15a	oatmeal 1 tbsp pbutter	22 0		150 129	2.5 mg after 1 hour after 1 3/4 hour
snack	no snack, early lunch				
Lunch 12p	cheeseburger	40		127	
snack 4p	chips	30			1.25 mg
Dinner 7:30p	burger	45		106	5 mg
snack 10:30p	graham crackers	30			
				167	total carbs

Day/Date	week 32	carbs	exercise after meals	sugars	
Thursday 6/26/2008	fasting			95	8:40a
Breakfast 9:30a	hot dogs	15		110	2.5 mg
snack	no snack, early lunch				
Lunch 12p	bbq chicken salad	30	walked 30 min	78	tested 2 hours after lunch
snack 3p	cake	60			1.25 mg
Dinner 7:30p	beef bean burrito	20		114	1.25 mg before dinner
	1/2 spicy chick burr	10		123	after dinner
	nectarine	15			
snack 10p	pb crackers	25			5 mg
				175	total carbs
Weekly Carb Totals		1331			
My Target Amounts		1225			
Comparison between the two		(106)			